

The 2010 SLSC Children's Aquathlon

A stylized graphic of a swimmer in a blue circle, with wavy lines below representing water. The swimmer is in a streamlined position, moving towards the right.

Sunday 5 September 9am
SLSC's children's aquathlon
(swim followed by a run).

The race is intended as a fun and safe introduction to multi sport.
ALL ENTRANTS 10 AND UNDER RACE FREE. All other entries £8.

The race is split into waves by age group and only one age group will be swimming at any one time. The competitors must be comfortable swimming the distances below continuously. Wetsuits won't be necessary. Age category defined as age on 31 December 2010.

Age 8 (Tristarts): 60m swim (2 widths) and 500m run

Age 9 to 10 (Tristars 1): 150m (one loop round a buoy) and 750m run

Age 11 to 12 (Tristars 2): 250m swim and 1500m run

Age 13 to 14 (Tristars 3): 350m swim and 2250m run

Age 15 to 16: 450m swim and 3000m run

Parents and guardians: 450m swim and 3000m run

Medals will be awarded for each individual race. All entrants who complete the course receive a certificate.

Enter online at www.slsc.org.uk

Any questions about the event please contact the team at triathlon@slsc.org.uk
Tooting Bec Lido, Tooting Bec Road, London SW16 1RU

